

NJBD Volleyball: Game Day Reminders

Game Day Instructions and Reminders

- Game day details will be updated when additional information becomes available. Some of the game/tournament details are not provided until a week in advance.
- Remember: NO Hard headbands or Jewelry of any kind may be worn at games!
- Girls are to remain at school for all home games.
- Girls must be in the gym, ready to warm-up at least 30 minutes prior to their games 60 mins prior to tournaments. Times noted on schedule are game times, not warm-up times.
- Girls are to always have both team jerseys with them to all games-no matter what color the team choose to wear for that game.
- Please, no sleepovers night before Tournaments

For Away Games / Tournaments

- Some gyms may not have enough seating. Consider putting a folding chair in your car, just in case you need it for the game.
- Some game locations and tournaments charge a gate/entry fee. Bring a few dollars with you, just in case. If we are advised prior to the games, we will post it.

Packing list for the players *(Be sure all garments are official NJBD volleyball uniform items)*

- Team jersey
- Dark Navy Spandex shorts
- Cover up shorts to be worn when coming and going from game
- Navy or Black Knee pads
- Ankle braces (optional but highly recommended)
- Solid black, navy or white socks
- Court shoes /can wear tennis if they don't own court shoes
- Other shoes (to be worn leaving and entering the gym)
- Soft Hair band to pull back long hair
- Water bottle with water
- Feminine products as needed-good idea to have a couple packed at all times. Please note the female coaches will have some on hand for emergencies. Optional:
- Gatorade or Powerade, etc...
- Energy or protein bar (single match days only, food will be provided for multiple match days or tournaments)
- A small sweat towel (highly recommended)
- Be sure to eat healthy, balanced meals and snacks this day. Avoid sugar at least until after the last match.

